

*St. Joseph's Community Health Centre***COMMUNITY-LINK**

JORDAN N.

The Parent/Child Program

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A pot of gold at the end of the rainbow doesn't help anyone if it can't be reached.

But thanks to a supportive new program through St. Joseph's Community Health Centre, socially and economically disadvantaged mothers with newborns and Moms-to-be are learning skills that may help them reach their own personal pot of gold: a healthy, happy baby.

Called the Parent Child Program, the pilot project helps women in a variety of ways — by supporting women nutritionally, by building personal self esteem and confidence, and by teaching them to be effective parents. It is sponsored jointly by the Community Health Centre and the Hamilton-Wentworth Department of Public Health Services.

The Parent/Child Program is one of five Hamilton-based projects that fall under the umbrella of the Community Action Program for Children that received a federal grant to improve children's lives and health in Stoney Creek.

Launched last October, the Parent/Child Program takes place at Roxborough Parc Community Centre on Thursday mornings, (9:30 to 11:30 a.m.), and at Delta Secondary School during lunch hours. Organizers expect a third location in Stoney Creek to open soon.

With the potential to change lives, this program is special.

Through drop-in sessions guided by Public Health Nurse, Maureen



GOVERNMENT DOCUMENTS

Wilsack, and Community Dietician, Fiona Yeudall, participants set their own pace. They choose what to discuss or explore. One day, they may cook a meal; another, they learn about planning meals, bulk buying or budgeting. They may chat about labor and delivery, parenting challenges, or male-female relationships.

For the Moms-to-be and the mothers of tykes under one year of age, the discussions are refreshing opportunities to learn without pressure or social stigma. The Parent/Child Program is a safe place to gather information about programs and services, and learn about the joys and frustrations of infant care.

"It gives them an opportunity to showcase their skills," says Fiona. "The

women like it because we have time to listen and answer their questions. We can cover a wide range of topics."

Often, the two-hour sessions stretch into three as Maureen and Fiona answer dozens of questions. That they lend emotional support, listen without judging, and gain trust, quietly boosts participants' self esteem and confidence levels. Gradually, the women relax; they become more open to ideas.

"If we can interest these Moms now...and do some teaching...we will enhance their parenting skills and they will know where they can go later for help if they need it," Maureen notes. "If we can teach them that people out there care, they will reach out for supports. If they learn to trust us...down



the road, they will ask more candid questions without fear."

The Parent Child Program also supplies women with foods they know they should eat during pregnancy but may not be able to afford. During sessions, participants, who range in age from 15 to about 25 years of age, munch perfect-for-pregnant-women snacks. Each woman takes home dairy products, fresh fruits and vegetables — foods that boost Mom's health and Baby's birthweight, but aren't usually supplied through food banks. By nature and location, the Parent Child Program pointedly avoids the pitfalls participants say normally drive them from organized programs — the lack of flexibility about content or attendance, transportation or childcare difficulties, fears of being judged. According to Maureen and Fiona, the ultimate dream is for the program to mushroom as participants launch their own support groups.

"We are a health advocate, a catalyst to bring better health services to this part of the region," says Wendy Nelson, CHC's Vice President.

"The philosophy is not that there will be more groups led by staff, but that they should become their own self-supporting group that take on a life of their own," Ms. Nelson says. "When people buy into this program, they develop their own self-worth and health."

Women can learn more about the Program by calling Maureen at 573-7777, ext. 8052.

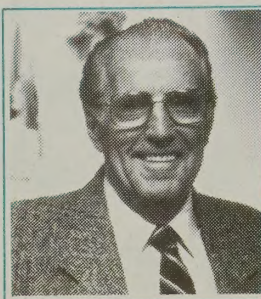
Working with the Community

Our Community Advisory Committee...

providing policy direction for the development of programs and services at St. Joseph's Community Health Centre.

Members of the Centre's Community Advisory Committee are: Dr. Ross L. Allega, Mr. Sam Mercanti, Mr. Chris Markey, Mrs. Miranda Beraldo, Mr. Allan Greve, Sister Joan McLoughlin, Ms. Wendy Nelson, Mrs. Pat DiCenzo, Mrs. Betty Beaudoin, Father Gerard Bergie, Mayor Robert Hodgson, Mr. Barry Burke and Ms. Geraldine Copps. Mr. Michael Taylor, Mr. Gordon Dean and Dr. Robert Kemp are honorary members.

Community Profiles...



Reg
Wheeler
Chairman,
Community
Advisory
Committee

Reg Wheeler doesn't know the meaning of the word 'bystander'.

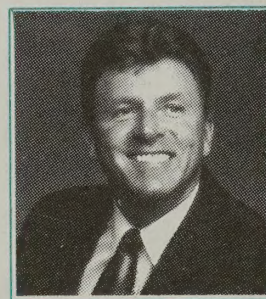
After 25 years serving the City of Hamilton as Alderman for Ward 5, and other community involvement, the retired Dofasco steelmaker now chairs St. Joseph's Community Health Centre's Community Advisory Committee that reports to St. Joseph's Hospital Board of Trustees.

Mr. Wheeler advocates involvement in one's hometown. As he puts it: "It's just a good feeling. This is your community and you have a hand in making it better!"

Mr. Wheeler has been involved with the Community Health Centre since

planning began for a health facility to serve East Hamilton and Stoney Creek. He is delighted the centre now stands at the forefront of a new era in health care delivery and community service.

"It's going to attract more attention as time goes on," he says. "We're foremost in this new approach to health care. We've built a better way to handle health care."



Barry
Burke
Chairman,
Community
Relations
Committee

Involvement in St. Joseph's Community Health Centre began as a business affiliation when he became area manager of the Royal Bank of Canada. Staff at the Royal Bank participated in the Centre's fundraising campaign. But now Barry Burke, who chairs CHC's Community Relations Committee, views his volunteer activities as a commitment from which he gains immense personal satisfaction. The father of two young daughters enjoys his role on the committee which promotes community understanding of CHC services and health-related issues. Committee members also become actively involved in local events, increasing awareness in the local community.

"The uniqueness (of CHC) seems to be the thing of the future," he says, noting health-related issues fascinate him. "If you're going to give the time (to volunteer), here is the best of both worlds. I can contribute to the community and learn about health care needs."



Geraldine Copps
Community
Advisory
Committee

Geraldine Copps recently joined CHC's Community Advisory Committee because she wants to build community awareness of the centre's programs and services.

"I'm in the community and I hear about the deficiencies (i.e. health services) from all the points of view," says Ms. Copps, a new committee member, and Hamilton Alderman for Ward 4. "It's to make sure all areas of the community get the same voice at the table. I'm an advocate for the little guy."

Ms. Copps views her role with the Committee as one of sharing information with those who otherwise wouldn't hear about services but actually may have the greatest need for the programs. She wants to be approachable to those she represents.

The former citizenship court judge praises CHC for taking some programs directly into the community, and away from the Centre's confines. Ms. Copps hopes the Community Health Centre will broaden further its scope within East Hamilton and Stoney Creek by becoming involved in ethnic festivals and other local events.

People Like You Keep CHC On Top of Community Issues!

It takes consumer involvement to keep St. Joseph's Community Health Centre at the head of the charts! Consumers (clients) and family members who use our services also help shape programs and services the health centre provides for the people of East Hamilton and Stoney Creek.

To make sure we respond to your needs, members for Community Advisory Panels are currently being sought in Geriatrics, Diabetes, and East Region Mental Health Services.

People who join these panels live or work in our community; have used one or more health centre services; perhaps they have had a family member enrolled in a Centre program or merely have an interest in a particular health issue.

Community Advisory Panel members function as informal eyes and ears of users of our programs. The result can be timely and valuable feedback to improve services and to offer the Centre suggestions that highlight community health needs and keep programs responsive.

If you would like to apply for membership to a Consumer Advisory Panel, please call the Centre's office at 573-4807, or write to St. Joseph's Community Health Centre, 2757 King Street East, Suite 2020, Hamilton, Ontario, L8G 5E4.

Give Yourself a Hand!

A hearty round of applause goes to donors and volunteers who supported the recent \$2 million campaign to finance the purchase of diagnostic equipment and teaching materials for the Community Health Centre!

The campaign surpassed its goals, raising an unprecedented \$2.2 million! Thanks to your generosity, CHC is a reality.

In the Community Health Centre lobby, a striking donor wall now pays silent tribute to those whose accumulated donations topped \$3,000 from either the original campaign to build CHC, or the subsequent drive to equip it.

For more information on how individuals, families, businesses or organizations can become a "Caring Friend of St. Joseph's", please call Debbie Logel at 521-6036.



Pictured: Gloria Pilot, Fortino's Supermarkets (left), presents a cheque to Bernadette Davidson, chair of the Board of Directors for St. Joseph's Health Care Foundation, on behalf of the W. Garfield Weston Foundation in front of the Community Health Centre donor wall. This cheque for \$100,000 will support diagnostic equipment at the Centre.

An Invitation

St. Joseph's Community Health Centre serves the residents of East Hamilton and Stoney Creek. In order to ensure that the Mission, roles and vision of St. Joseph's Community Health Centre continue to be sensitive to the needs of the community, the Community Advisory Committee of the Centre invites residents of East Hamilton and Stoney Creek to apply to serve on the following Committees: Finance and Community Relations. Applicants must have a knowledge of community and either live or work in East Hamilton or Stoney Creek. Applicants must also have a proven record of positive contributions to the community and respect of the Mission of the Sisters of St. Joseph of Hamilton.

If you would like to work with the Community Advisory Committee and health care professionals in assuring the provision of high quality health care to members of our community, you are invited to apply to: Wendy Nelson, Vice-President, St. Joseph's Community Health Centre, 2757 King Street East, Suite 2020, Hamilton, Ontario, L8G 5E4. Applicants will be received until 5 p.m., Friday, May 27, 1994.

A Focus on Research

Our Affiliation with The Father Sean O'Sullivan Research Centre



For two years now, St. Joseph's Community Health Centre, (CHC), has delivered a unique — and increasingly popular — brand of health care to East Hamilton and Stoney Creek residents. As part of its mandate, the Centre will evaluate whether or not the Centre's programs truly improve health on an individual and community-wide level.

Ultimately, research results should help determine whether similar health centres are realistic options — finan-

cially and socially — to complement doctors and traditional hospitals with beds.

The Community Health Centre soon will be one of four sites at which the patient-centred research takes place through St. Joseph's Hospital's new Father Sean O'Sullivan Research Centre. The three other sites will be at St. Joseph's Hospital downtown.

"We're not only offering good health service, we're also doing evaluation and research to make sure we are achieving improved health outcomes, too," says Wendy Nelson, Vice President of the Community Health Centre, who believes the agenda in health sciences delivery research represents "a tall order" to be underway in three to five years.

"We believe the better informed people are about their health, the better decision makers they will be," she says. "Research shows that wealth, education, your work environment and social supports determine in large part how healthy you will be. We will research how we can better support

people to improve their health."

Most research at CHC will evaluate health service delivery methods and how to improve them. For instance, researchers may examine how to share information most effectively with clients and the community, and whether programs are best offered at the centre, or at outside locations.

Dr. Stuart MacLeod, founding director of the Sean O'Sullivan Research Centre, says the research "eventually will help determine whether other (similar) health care centres are built in Ontario" as a result of CHC's groundbreaking health care.



Have We Got A Wealth of Information for You!

Are you interested in a particular health topic? Do you have a health-related school project?

For the best collection of health information in Hamilton, visit the Consumer Health Information Centre! In comfortable surroundings, pamphlets, books, magazines and even a health reference computer put health information at your fingertips. Staff and volunteers are always ready to help you.

The Consumer Health Information Centre, on the main floor of the Community Health Centre, is open from 9 a.m. to 5 p.m., on Monday, Tuesday, Thursday and Friday, and from 9 a.m. to 8.30 p.m. on Wednesdays.

Call 573-7777, Ext. 8050, for more information.

Information At Your Fingertips!

If you are looking for ways to learn more about the common cold...or hypothyroidism, we can help.

Call Health Extension, the Community Health Centre's confidential telephone service through which consumers can listen to up to 370 health-related messages. Information is available about such topics as AIDS, alcohol and drug abuse, babies, bereavement, cancer, childhood illnesses, children, dental issues, digestive system problems, heart/circulatory ailments, mental health, nutrition, pregnancy and seniors' concerns.

Callers with touch-tone telephones can call 24 hours a day, seven days a week. Service assisted by volunteers is available Monday to Friday, 9 a.m. - 5 p.m.

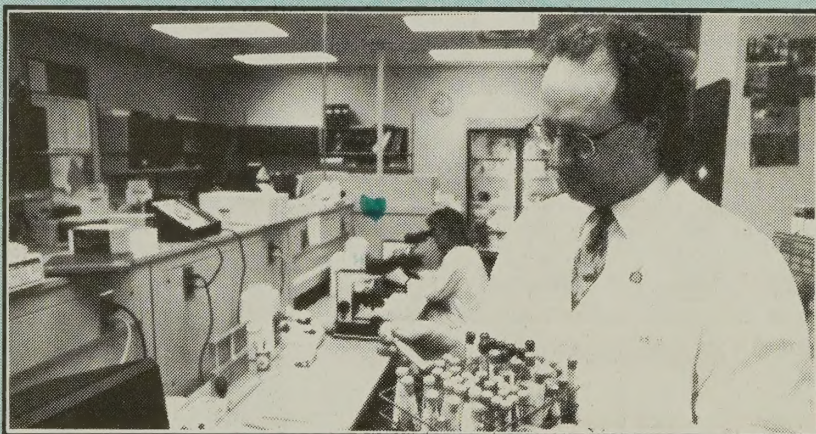
Please call Health Extension at 573-4800. Check the envelope in your new telephone book for a list of messages, or a volunteer can send a list of available messages to your home if you need one.

The Lab...

We have a Laboratory located at the Centre. It provides service for doctors and citizens of the community. Bring your doctor's request for the tests you need when you visit the lab. Your doctor can also call us and we will take the request over the phone.

The collection centre in the Lab is open weekdays from 8 a.m. to 6 p.m. and Saturdays from 9:30 a.m. to 11:30 p.m. It is closed Sundays and holidays. Complimentary parking is provided to all those using the laboratory services.

For more information, please call 573-7777 ext. 4822.



Urgent Care Services

Open 8 a.m. to midnight, 7 days a week

Fully-staffed with specialists in emergency medicine and nurses who have spent hundreds of hours in different areas of medical care, Urgent Care staff treat conditions that demand urgent attention but are not life-threatening. These include eye injuries, sprains, broken bones, cuts that need stitches, minor burns and common childhood illnesses.

In an emergency, or life-threatening situation, ALWAYS call 911 for an ambulance. However, for less serious medical situations, that require attention when you can't see your family doctor, comprehensive care is available at Urgent Care of St. Joseph's Community Health Care Centre.

If you have questions or concerns, discuss them with your family doctor before an emergency arises. Or, speak to our staff at 573-7777, ext. 4811.



New at the CHC

Your Diabetic Child - A Parent's Workshop

As a parent of a child with Diabetes, you have experienced many lifestyle changes. The onset of diabetes and the difficulties in its management can seem overwhelming at times. Every diabetic child and his/her family has individual needs and questions. We are offering a two day workshop, May 26 and 27, 1994, for parents of children with diAs. As a parent of a child with Diabetes, you have experienced many lifestyle changes. The onset of diabetes and the difficulties in its management can seem overwhelming at times. Every diabetic child and his/her family has individual needs and questions. We are offering a two day workshop, May 26 and 27, 1994, for parents of children with diabetes.

You will have the opportunity to meet with our team of health professionals, including nurses, dietitians, pharmacist, social worker and chiropodist (foot care), as well as other parents. Together we can address your concerns.

Informal classes will enhance your knowledge and allow you to feel more comfortable about day to day management of your child's diabetes.

Some areas which will be reviewed include:

- understanding your child's fears and anxiety
- preventing insulin reactions

- school, childcare and babysitter information
- research - what's new in diabetes?
- food and freebies - how much can they have?
- sickdays and travel

If you are interested please register before May 13th by calling 573-4819 and let us know what other topics you would find helpful.

Friday, July 8th, Stroke Recovery Group ... at St. Joseph's Community Health Centre

The Stroke Recovery Group, in association with the Hamilton-Wentworth Stroke Recovery Association, will hold support group meetings the first Friday of every month starting Friday, July 8th. The group is for seniors who have had a stroke, and their family members. It will feature a guest speaker, group discussion and information, and a social time. For more information, or to register, call Jacquie Shaver at 573-7777 ext. 4818.

C.A.T.C.H

*Community Access to
Child Health*

The new C.A.T.C.H Clinic at St. Joseph's Community Health Centre is for children - the little ones who are at risk of neglect, physical, mental, or sexual abuse.

Their families gain too, in the long run, for clinic staff offer families support and access to resource services that previously would have been only available in distant parts of Hamilton. For families in crisis, the C.A.T.C.H Clinic provides direct links between social protection agencies involved, ensuring that necessary follow-up information is available when needed.

Dr. Shaba Wahi, Pediatrician, coordinates the C.A.T.C.H Clinic which operates every second Monday afternoon of the month. The clinic is part of C.A.P.C - the Community Action Program for Children - which promotes health and provides services aimed at reducing child abuse in Stoney Creek neighborhoods that traditionally have lacked access to services.

The Community Health Centre's C.A.T.C.H Clinic opened in March and relates to the Regional McMaster Clinic that handles more complex child abuse cases.

Agnes-Vrieze-Bos, a social worker with the Community Health Centre, calls the C.A.T.C.H Clinic a "different

kind of program" because it supports both the families and children, and ensures that follow-up is carried out in time and information flows smoothly between agencies.

The clinic also offers 24-hour on-call pediatric service in conjunction with other programs offered through Chedoke-McMaster Hospitals and St. Joseph's Hospital.

This service is available at the request of physicians or health agencies. For more information call Agnes Vrieze-Bos at 573-7777 ext. 8522.

UPCOMING EVENTS....

**Saturday May 7th,
10 a.m. - 2 p.m.
Family Safety Fair
in the back lot of the
Community Health
Centre**

See the old fire trucks and the OPP Marine Unit boats; teach your child traffic safety with KIDestrians; get your children fingerprinted by the Hamilton-Wentworth Child-Find Agency and take home a kit containing a current record of your child's fingerprints, and see many more displays and activities...all for free! Kids can test their bike riding skills in our Bike Rodeo have a chance at winning a prize while learning about bike safety. The barbeque will be up and running, with hotdogs and hamburgers. Presented by St. Joseph's Community Health Centre and the Hamilton-Wentworth Regional Police. Don't miss this free, fun-filled summer safety day for parents and children that will educate and entertain. Call 573-7777 for more information.

**Friday, June 10th,
10 a.m. - 2 p.m. -
Seniors' Lifestyle
Fair - at
St. Joseph's Community
Health Centre**

Get involved and participate in our line-dancing and tai chi demonstrations, laugh during our humour workshop or learn from a legal panel discussion about the new power of attorney laws. Admission is free. Call 573-7777 to pre-register. A Canada Flag Week Activity.

**Tuesday, June 14th,
10 a.m. - 12:30 p.m.
Healthstyles '94**

**CLUB MEDications everything
you want to know about your pills
at the Stoney Creek Legion (12 King
Street West)**

An entertaining and informative morning with Dr. Stuart MacLeod: How Medications can Affect You, Dr. Mitch Levine: The Ontario Drug Plan, Ms. Collie Sellors: How to Talk to your Pharmacist and Dr. Irene Turpie: Over-the-Counter Drugs and Alternatives to Using Medications. For more information contact the Consumer Health Information Service at 573-7777.

**Coming this fall, Men's Health in
the Middle Years**

Community Link Needs Your Help!

Community Link is your publication from St. Joseph's Community Health Centre. We want it to be informative, readable, full of intriguing details to help you better understand — and therefore, use — services at their Community Health Centre.

Please comment about Community Link. Are there programs or services about which you would like more details? Do you have health care concerns that should be addressed in our publication?

Our doors are open. If you have ideas or comments, please write:

Michelle Floyd, Community Relations, St. Joseph's Community Health Centre, 2757 King Street East, Hamilton, Ontario, L8G 5E4 Or call Michelle at 573-7777, ext. 8225.

I Feel Better . . . Just Knowing It's There.

Now that Mom lives alone, I'm glad she has the Lifeline Personal Emergency Response Service.

If there's a problem or an emergency, anytime, day or night, she just pushes a button. Lifeline is notified at once, and a professional monitor calls her right back with immediate assistance.

Lifeline uses two-way communication, so she doesn't even have to pick up the phone! She just says what she needs. . . a friend, relative, or emergency services.

If she can't answer the call, help is sent at once. And since they have Mom's medical history on file, the responder is prepared to act quickly.

I rent Lifeline for Mom month to month. There is no long-term contract. I feel better every day . . . just knowing it's there. Just in case.



LIFELINE®

**For More Lifeline
Information Contact:**

**Lifeline Program
St. Joseph's Community
Health Centre
Hamilton, Ontario
416-573-7777**

OUR PROGRAMS & SERVICES

Urgent Care Services, open 8 a.m. to 12 midnight daily

- Lifeline Program • Parent/Child Program
- Communication Disorders • Bereavement/Grief Program
- Diagnostic (Lab and X-ray) Services
- Consumer Health Information Centre
- East Region Mental Health Services
- Diabetes Program • Geriatric Services
- C.A.T.C.H Clinic • Chiropody

CALL: 573-7777

